

MAD DOG SPINNING-

Pre-registration reserves a bike for the specific class. Drop-ins are permitted if bikes are available. This class varies by class time. See schedule of classes @ www.highamrec.com.

HATHA YOGA-

An eclectic class including kripalu, ashtanga, iyengar and vinasa techniques. You will also perform a series of "asanas" and relaxing techniques.

CARDIO PUMP-

Get the benefits of a full body cardio workout combined with upper and lower body weight training session. Bring 3-5 LB hand weights.

BOOT CAMP BODY BLAST-

This hour class combines heavy and light weights, cardio intervals and core work to push your body to its maximum potential. This challenging class changes from week to week. Prepare to work hard!

SPIN N" SCULPT-

This 2 part class incorporates muscle strengthening with aerobic activity. 30 minutes of spinning and 30 minutes of muscle sculpting.

SPIN AND CORE

45 minutes of spin followed by 10 minutes of abs.

ZUMBA-

Come join the party! Aerobic fitness interval training set to a fusion of Latin and International music. Routines feature a combination of rhythms that tone and sculpt the body.

BOOT CAMP FITNESS-

This 8 week outdoor class is a challenging, dynamic workout! Improve overall fitness through running, sprinting, push-ups, sit ups etc. ****Pre-Registration Required****

STRETCHING 101-

This class focuses on improving flexibility through proper stretching techniques. The benefits of stretching include a lower risk of injury, reduced stress, and improved range of motion.

HAVING A BALL, ON THE BALL- These balls will strengthen your core and improve your balance. This 60 min. class will work your core through a series of stretching and strengthening exercises using the Ball and free weights.

TAE BOX-

Kick your butt into gear with a great cardio workout! This high energy class combines punching and kicking.